

## ABSTRACT

A method for recording and reproducing information to/from with an optical recording medium, with which either in-groove recording or on-groove recording is selected according to a type of the recording medium, and information can be recorded and reproduced with good signal quality. In this method a laser beam is reflected by an information recording layer and is received by a photodetector that has been split into at least two parts by a split line parallel to the direction of the grooves. Further, the laser beam is reflected in a region in which a groove width is greater than a width between grooves, and the method determines whether the grooves on a side where the laser beam is incident are convex or concave based on a sum signal and a difference signal of photodetection signals outputted from the photodetector.